



CELEBRATING LIFE

As one year draws to an end and another begins, we take time to reflect on our lives and on those we love. Typically, this is a time for celebrations. We remember family and friends both near and far – those who are still with us and those who have passed from our lives.

Special times of the year allow families to reunite and reconnect in ways unique to that family. We reminisce and pass on family history as we retell stories – some we have heard many times. We all eagerly await the “best parts” as we anticipate what will be told.

My brother once commented that whenever our family got together we always had occasion to laugh. To me, that is family – people who

make us happy to be alive. We revel in each other’s joys and share in their sorrows. We delight in being teased good naturedly, in hearing corny jokes, and in “breaking bread” together.

Some of our family memories, and maybe yours as well, include:

- * Giving to those less fortunate / volunteering at a charity
- * Laughing, eating, sharing
- * Watching grandma in the kitchen (and anticipating the baked goodies)
- * Cousins sleeping on the floor in the living room while adults sleep in the bedrooms
- * Graduating from the children’s table to the adult table for family dinner
- * Making snow forts / sledding / drinking hot chocolate
- * Seeing the sparkle in someone’s eye when s/he receives the perfect gift
- * Decorating the house / singing
- * Baking cookies

Wherever you are or whatever you do at this special time of year, we hope you are with the ones you love.

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ASK THE BUREAU

If you would like to ask a question of the Bureau of Child Care to be considered for inclusion in the newsletter, please email Mary Ann Simmons at MaryAnn.Simmons@dhss.mo.gov.

As an owner of a licensed child care facility, I have been asked by a parent to put vinegar on her child's tongue when he uses foul language. Is this okay?

NO! It is never appropriate practice for a licensed child care facility to engage in such action.

Vinegar, lemon juice, hot sauce, etc. although food items are inappropriate to use for discipline purposes. Use of such items is neither appropriate nor in the best interests of children. Further, some of these items may, in fact, be harmful to a child.

Licensing rules allow only constructive, age-appropriate methods of discipline to help children develop self-control and assume responsibility for their own actions. The rules prohibit any action which is humiliating, threatening or frightening to children. The rules further prohibit any punishment associated with food.

Alternative methods of discipline may include:

- * **Ignoring the behavior** if you sense it is used to get attention. Later talk to the child about more appropriate language.

- * **Helping the child find other words to say** if he is using the language to get other children to laugh, if he is using the words to hurt another person, or if he is using the words simply as an automatic response.

Finally, remember that parents can never give you permission to violate a licensing rule. Explain to them that it is your goal to help the child gain control over his own behavior in a more socially acceptable manner.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address (www.dhss.mo.gov/ChildCare/HealthyChildCare) so they can print their own copy.

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Consumer Product Safety Commission

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.
- The CPSC web site at <http://www.cpsc.gov>

How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each year, including many products found in child care settings.



Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether products have been recalled, and, if so, what

you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information.

To receive CPSC's current recall information automatically by email or fax or in a quarterly compilation of recalls sent by regular mail, call CPSC's Hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

RECALL OF REEBOK CHILDREN'S FLEECE PULLOVER/PANT SETS

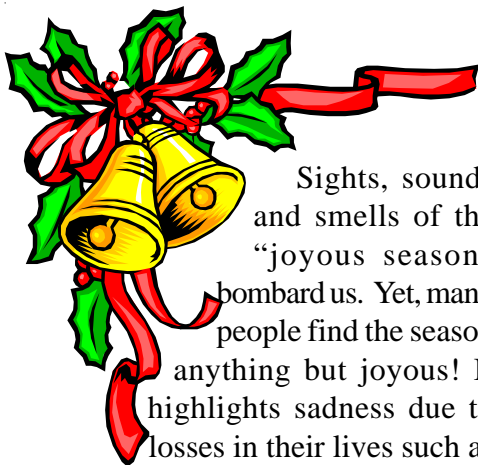
In cooperation with the U.S. Consumer Product Safety Commission, Adjmi Apparel Group, of New York, N.Y. announced a voluntary recall of approximately 61,000 Reebok Children's Fleece Quarter-Zip Pullover/Pant Sets.

Only Reebok fleece pullover/pant sets with navy blue quarter-zip zippers are being recalled. The fleece pullover/pant sets were sold in navy blue/red and navy blue/pink in sizes up to children's size 7. "Reebok" is printed across the front of the pullover. The pullovers have a hood that can be folded under the collar. Some of the recalled pullovers were sold with matching mittens. The style numbers were printed on the store tag only and end in: 1816, 2816, 3816, 1816N, 2816N, 1814, 2814, 4814, and 5814.

These were sold exclusively at Gordmans, Mervyns, JC Penney, Kohl's, The Bon, Fred Meyer, Ross, DD's, Edisons, Macy's, AJ Wright, and Reebok Corporate Headquarters retail store in Canton, Mass. from September 2004 through February 2005 for between \$17 and \$36.

The zipper slider and pull on the fleece pullovers can detach, posing a choking hazard to young children. Reebok has received two reports from consumers of zipper sliders/pulls that have detached. No injuries have been reported.

Consumers should stop using recalled products immediately unless otherwise instructed and they should take the recalled product away from young children. For more information or to request a replacement product, consumers can call contact Adjmi at (800) 873-5570 between 9 a.m. and 5 p.m. ET Monday through Friday, or visit <http://www.reebok.com/useng/news/Recall+of+Childrens+Reebok+Jacket+and+Pant+Sets.htm>



Holiday Blues

Sights, sounds and smells of the “joyous season” bombard us. Yet, many people find the season anything but joyous! It highlights sadness due to losses in their lives such as divorce, a death, family rifts or deployment of a loved one. For others it only emphasizes their financial and emotional stress.

Many are looking for the perfect “Magical Kodak Family Moment” type of holiday. When the reality doesn’t measure up, they feel let down and stressed.

Here are some suggestions to readjust your expectations to reasonable goals:

✂ **Realize that a holiday isn’t going to magically transform your family** if they always argue and fight when they get together.

✂ **Set the amount of money you can afford** to spend and stick with it.

✂ **Just say no** when you feel overwhelmed!

✂ **Organize your own gathering** if you are alone and don’t want to be. Invite other friends or co-workers over to start a tradition or help out in a soup kitchen holiday feast.

✂ **Limit alcohol.** It is a depressant so it makes things worse.

✂ **Exercise,** even a short walk outside will add energy, especially if you have problems with Seasonal Affective Disorder.

✂ **Get together with close friends** with whom you can confide.

✂ **Don’t go overboard eating** holiday goodies which cause large spikes in blood sugar that adds to depression. It is okay to indulge some, but be reasonable.

✂ **Get plenty of sleep.**

✂ **Don’t worry about perfection** but instead focus on what’s important.

If feelings of hopelessness, inability to concentrate, or sleep related problems continue for several weeks, talk to your doctor or call the Mid-Missouri Crisis Line at 1-888-761-4357.

The reality is that holidays can be both happy and stressful. To help us survive them, we need to take control of what we can, be reasonable in our expectations of ourselves and others and take the rest in our stride.

Submitted by:
Nadine Abernathy
Family Support Specialist
ParentLink, A program of the University
of Missouri Extension
1-800-552-852
<http://extension.missouri.edu/parentlink>

CACFP TRAINING

For training dates, please visit
<http://www.dhss.mo.gov/cacfp/training.html>

Lead Testing

If your child care facility is located in a geographic area determined to be at high risk for lead poisoning, you should have received an Evidence of Lead Testing Survey in the mail along with a self-addressed stamped envelop. Per Section 701.334 RSMo, you are required to keep evidence of an annual blood lead test, or a parent refusal, on file. If you have any questions regarding the lead testing requirements in your area, please contact Susan Thomas at 573-526-4911 or susan.thomas@dhss.mo.gov.

Submitted by Susan Thomas
MO Dept. of Health & Senior Services
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Eat Right, Exercise, Have Fun

Agriculture Secretary Mike Johanns recently unveiled a child-friendly version of the new MyPyramid Food Guidance System called MyPyramid for Kids. The new materials include a new graphic symbol, lesson plans for grades 1 - 6 and an interactive game.

"This is a fun approach to addressing the very serious problem of childhood obesity," said Johanns. "As teachers take advantage of the lesson plans and children learn what it takes to win the game, messages about the importance of healthy eating and physical activity will take hold."

Daily physical activity is prominent in MyPyramid for Kids. Through an interactive game, lesson plans, colorful posters and flyers, worksheets, and valuable tips for families, MyPyramid for Kids encourages children, teachers, and parents to work together to make healthier food choices and to be active every day.

MyPyramid Blast Off is an interactive computer game that challenges students to select a healthy variety of foods and physical activities to fuel their rockets.

The MyPyramid for Kids slogan for children is "Eat Right. Exercise. Have Fun". The key messages of MyPyramid for Kids are:

- ▲ **Be physically active every day.**
- ▲ **Choose healthier foods.**

▲ **Eat more of some food groups than others.**

▲ **Eat foods from every food group every day.**

▲ **Make the right choices for you.**

MyPyramid.gov gives everyone in the family personal ideas on how to eat better and exercise more. Start with one new, good thing a day, and continue to add another new one every day.

Preschoolers can learn simple messages from MyPyramid, such as:

▲ **Recognizing the MyPyramid symbol.**

▲ **Remembering to eat foods from all the colors every day.**

▲ **Having fun moving their bodies every day.**

MyPyramid for Kids activities for children and classroom materials for educators are available at <http://www.mypyramid.gov>. The 2005 Dietary Guidelines for Americans and consumer brochure are available at www.healthierus.gov/dietaryguidelines.

Submitted by:
Barbara Raymond, RD, IBCLC
DHSS, CACFP Program Specialist
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Fit Source

The Health and Human Services Child Care Bureau is pleased to announce the launch of Fit Source. This interactive web site for child care and after-school providers provides resources to help address the nation's childhood obesity epidemic.

Providers can easily search for a variety of physical activity and nutrition resources by age, topic, and keywords.

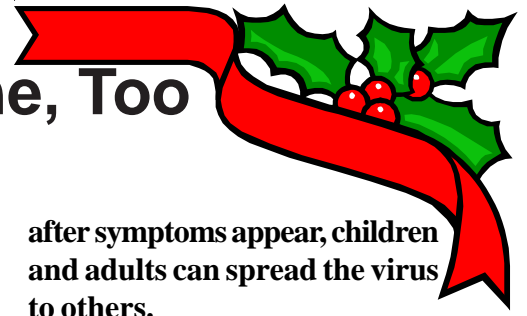
Included are on the web site are:

- ▲ games and activities
- ▲ lesson plans
- ▲ healthy recipes
- ▲ information for parents
- ▲ fitness campaigns
- ▲ funding strategies
- ▲ informational resources
- ▲ Spanish language web sites.

This site links to existing federal resources, and was developed after receiving input from over 100 child care providers about their needs.

Fit Source is found on the National Child Care Information Center's Web site at <http://nccic.org/fitsource> <<http://nccic.org/fitsource>>.

KIDS Need FluVaccine, Too



Every fall and winter, the influenza virus infects millions of people in the U.S. Young children are at particular risk from this most severe of winter illnesses. Each year, infants and toddlers are hospitalized with complications due to influenza as often as adults over age 65. **During the 2003-2004 flu season, 153 children in the U.S. died from complications of influenza.**


The virus is easily spread through droplets sneezed and coughed into the air. Often, children acquire the virus when they touch an infected surface, and then touch their eyes, nose, or mouth.


Symptoms can include high fever, chills, a dry cough, headache, runny nose, sore throat, and body aches. Children will usually feel worst during the first two or three days. Sometimes children may get symptoms like diarrhea or vomiting which are uncommon in adults. Complications can also include ear or sinus infections or even pneumonia.


Health officials and physicians emphasize the need for young children, and those who have regular contact with young children, to be vaccinated against influenza. A new vaccine is made yearly since the flu virus is slightly different each year.

Submitted by:
Alyce Turner, Health Educator
MO Dept. of Health & Senior Services
Section for Disease Control &
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Current recommendations support yearly influenza vaccinations for:

 All children 6 months through 23 months of age.

 Any child 2 years or older who has a chronic medical condition, like asthma, diabetes or heart disease.

 Household contacts and out-of-home caregivers of those children.

It is especially important for those in contact with infants younger than 6 months to get immunized, because these infants are too young to be vaccinated.



Unchecked, the flu spreads very easily, especially among preschool and school-aged children.

Days before they present symptoms, and for many days

after symptoms appear, children and adults can spread the virus to others.

Healthy kids over age five, healthy adults in the household, and out-of-home caregivers up to age 49 can receive a nasal spray. Unlike the flu vaccine given by injection, the nasal spray flu vaccine (trade name FluMist) is made from living but weakened flu virus.

Children 6 months to 9 years of age who are receiving the flu vaccine or the nasal spray for the first time will need two doses one month apart for the strongest protection.

Early fall is the best time to get a yearly flu vaccine. However later vaccines are also appropriate since the flu season peaks anywhere from December to March each year.

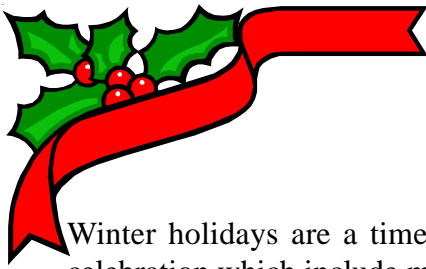
For more information about influenza, prevention, and the vaccine contact your health care provider or local health department. Check out these web sources for additional information.

MO Dept of Health & Senior Services
www.dhss.mo.gov/Influenza/

Centers for Disease Control and Prevention
www.cdc.gov/flu

American Academy of Pediatrics
www.aap.org

Nat'l Foundation for Infectious Diseases
www.nfid.org



Holiday Fire Safety

Winter holidays are a time for celebration which include many memorable activities with friends and family. During this time of year more cooking, holiday decorating, and entertaining occurs, and so does the increased risk for fire.

Before getting wrapped up in all the hustle and bustle of the season, you are encouraged to review some important fire safety tips.

Christmas tree fires or fires involving holiday decorations are a leading cause of fires in the home. According to the National Fire Protection Association, there were 240 Christmas tree fires in U.S. homes in 2002, resulting in 23 deaths, 12 injuries and \$11.4 million in direct property damage.

Freshly cut Christmas trees are a beautiful attraction, however, if proper care is not maintained, they can result in a deadly fire. Make sure that you select a tree that has been freshly cut and not one that appears to be too dry. A fresh cut tree will have a sticky tree sap on or about the trunk; the needles will be green and will not easily fall off.

- ▲ Ensure the tree stand is filled with water at all times.

- ▲ Do not place your tree close to a heat source, including a fireplace or heat vent.

- ▲ Do not put a fresh cut tree

up too early or leave it up for longer than a week.

- ▲ Keep in mind, the safest Christmas tree of all is an artificial tree, treated with a fire retardant. You can buy pine scent to add that “real tree” aroma.

Another potential fire hazard is holiday lights. Each year before putting them up:

- ▲ Inspect for frayed and bare wiring, broken or cracked sockets.

- ▲ Use lighting that is listed by an approved testing laboratory such as UL.

- ▲ Follow the manufacturer’s directions and do not overload electrical outlets.

- ▲ Link no more than three light strands, unless the directions indicate it is safe.

- ▲ Plug a string of lights in an approved electrical power strip with a safety breaker that will “trip” if a problem occurs.

- ▲ Turn off holiday lights when you leave the house or when you go to bed.

Statistics reflect an increase in the number of home fires contributed to burning candles. Approximately 18,000 home fires annually result from the use of candles. Please use extreme caution

when using candles. Never leave a burning candle unattended.

Cooking is also a leading cause of home fires. With the various activities in and around the home, it is easy to get distracted.

- ▲ Never leave a stove unattended.

- ▲ Turn the pot handles inward to avoid accidental spills.

- ▲ Do not let children play in or near the kitchen.

Most importantly, make sure that your smoke detectors are in good working order and that you have a readily accessible operational fire extinguisher. Periodically review your fire safety plan. Do not delay in exiting the home when a detector activates, especially when awakened during the night.

From the Division of Fire Safety, we hope that you have a safe and joyous holiday season filled with special memories and love.

Submitted by:
David Stapleton, Fire Inspector
MO Dept. of Public Safety
Division of Fire Safety
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Newborn Screening

Missouri's Newborn Screening Program aims at the early identification of infants who are affected by certain genetic or metabolic conditions.

Early identification can significantly reduce:

- ★ early morbidity
- ★ mortality
- ★ associated disabilities

A small sample of the baby's blood is taken from the heel soon after birth and sent to the State Public Health Laboratory. The number of conditions screened has been increased from 5 to 25.

It is anticipated that approximately 60 infants will be found positive each year for either a metabolic disorder or genetic disease. This amounts to three school classrooms per year who have a metabolic or genetic condition.

The program is a collaborative effort of the Missouri Department of Health and Senior Services, State Public Health Laboratory and the Unit of Genetics and Newborn Health, genetic tertiary centers, physicians and other health professionals, and families.

Information on each disorder can be found at (www.dhss.mo.gov/Lab/Newborn/index.html) and www.dhss.mo.gov/NewbornScreening/.

For more information about the Newborn Screening Program please call Genetics and Newborn Health 1-800-877-6246.

Submitted by Karen Schenk, RN, BS
Program Manager
MO Dept. of Health & Senior Services
Section of Genetics and Healthy Childhood
573-751-6429



Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO, 65102, 573-751-2450. Hearing impaired citizens telephone 800-735-2966 or VOICE 1-800-735-2466. EEO/AAP services provided on a nondiscriminatory basis.



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